

User's Guide and Safety Tips

MoonRocker



KARMAN HEALTHCARE INC.

City of Industry, CA 91748



INTRODUCTION

This MoonRocker is a great idea for cardiovascular exercise and it's a great value for home gym. It helps to tone your skin texture, lose weight and burn calories from various body muscle areas: firm your hips, thighs and strengthens your knees. This aerobic stimulation assists blood circulation, keeps you healthier*.

MoonRocker is made from high quality steel. It's versatile and lightweight as much as 18 lbs. You can use it in your living room, bedroom, garage, and it is small for easy storage anywhere.

Features & Specifications

- Features include a LCD pedometer, total repetitions counter, calories burned, and workout timer display.
- Small, compact design, weigh about 18 lbs.
- Included a piece of mat.
- 1-Year Warranty.

Safety tips:

1. Place MoonRocker on a stable, level surface.
2. Put one foot and stand on the pedal firm for stability.
3. Put another foot on the other pedal. Maintain good balance while stand on it. DO NOT TIP OFF.
4. Begin exercise; enjoy shift motion right to left, left to right.

Muscle areas:

Hips (gluteus maximus)

Lateral of thighs

Front of thighs (quadriceps)

Back of thighs (hamstrings)

Calves (gastrocnemius)

WARNING

Read all instructions carefully before using.

DISCLAIMER

The following guidelines should be observed when using the MoonRocker:

- Always use under the supervision of a certified trainer or coach.

The user should be evaluated by a healthcare professional so that the user's physical condition and limitations are considered to assure safe operations of MoonRocker, the stepper in the performance of daily activities.

- Inspect the rubbers and attachments for cracks, tears, and other damage prior to each use.

- DO NOT USE IF DAMAGED – REPLACE IMMEDIATELY.

- Karman Healthcare Inc. assumes no liability for accidents or damage that may occur with the use of the MoonRocker.

* No guarantee. Health results may vary among in individuals.

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* Design and specifications are subject to change without notice